

ABSTRACT OF THE DISCLOSURE

An abdominal exercise device for exercising the stomach while
5 seated includes a first frame portion for abutting against an upper surface
of the legs of a person and includes an elongated rear member, an
elongated front member and a pair of elongated side members attached
together. A second frame portion for abutting against the torso includes a
pair of legs and an elongated central member attached together such that
10 the second frame portion generally has a U-shape. Each of a pair of
coupling members pivotally couples free ends of the pair of legs to the
first frame portion at junctures of the rear member and the pair of side
members. A pair of biasing members biases the central portion away from
the front member such that the first frame portion lies in a plane orientated
15 perpendicular to a plane of the second frame portion.